

ProActive Caring e-news

April, 2020

GOT STRESS? WE CAN HELP

ProActive Caring Offers Virtual Support

This month ProActive Caring is offering a series of Zoom webcasts, “ProActive Caring—School Exchange,” for parents, families, and agency staff that now have children home from school. Lisa Nathan, Parent/Advocate, and Peggy Pisano, School Psychologist/Advocate, will address a different topic each week; they invite your input about topics that would be of value. Each webcast in the series will run for 15 minutes and then open for questions, thoughts, and exchanges. Our intent is to develop a “supportive presence” for you, rather than flooding you with content.

Please use this link to join us on Wednesday, April 8, at 10 am:

<https://zoom.us/j/747465542> when Lisa and Peggy will discuss

“Combating Fear & Anxiety—Letting Go of Stress through Relaxation/Meditation.”

The ProActive Caring program draws from the practice, tools, and resources of Mindfulness Based Stress Reduction (MBSR) and is funded by the New York State Developmental Disabilities Planning Council.

Upcoming topics include **“Living in a Mindful Way, Increasing Sleep, Mindful Eating and Nutrition”** (April 15); **“How to Be Grateful in These Challenging Times, Increasing Compassion”** (April 22); and **“Create the World You Want in Your Home. Create Your Sanctuary.”** (April 29). A Zoom sign-on link will be circulated each Monday so interested individuals may join live (via video or audio) for the exchanges on Wednesdays at 10 am. The first webcast, **“Behavior Management in a Mindful Way.”** was held on April 1 and is now available as a Zoom recording.

Web Site: <https://www.msmc.edu/proactive> Phone (Voicemail): 800-691-3980

Mailing List: <https://msmc.wufoo.com/forms/m12l5ywn1o7a2jh/>

 [Facebook.com/proactivecaring](https://www.facebook.com/proactivecaring)  ProActiveCaring@CADP_MSMC

Private FB group for caregivers: [Facebook.com/groups/32614747120839](https://www.facebook.com/groups/32614747120839)



NONPROFIT ORGANIZATIONS PUBLISH COVID- 19 TIPS

Knowing how to keep your family safe from risk can help relieve stress. The following organizations have published helpful resources and tips about coronavirus for ID/DD communities:

Autism Speaks - What You Should Know

<https://www.autismspeaks.org/covid-19-information-and-resources>

National Autism Association – COVID-19 Resources for Families
<https://www.nationalautismassociation.org/covid-19-resources-for-families/>

National Down Syndrome Society
(resource published by a national consortium)

<https://www.ndss.org/ndss-covid-19-down-syndrome-resource>

NEW RESOURCES FOR STRESS REDUCTION FROM PROACTIVE CARING



Elisa Gwiliam of the Hudson Valley Healing Center has partnered with the ProActive Caring project to create five new videos that add movement and other elements to relaxing meditations. Check them out on *youtube* at the links below:

Gentle Movement: <https://youtu.be/yqifTF351hQ>

QiGong for Centering:

<https://youtu.be/xIJRmyifRLA>

Deep Relaxation with Yoga Nidra:

<https://youtu.be/0QXlvZUNZCc>

Movement & Sound

Journey: <https://youtu.be/rwezT9j8xHI>

Sound Journey: <https://youtu.be/T5ONSutg52I>

TEXT4CAREGIVERS



Developmental
Disabilities
Planning Council

Text4Caregivers is a free 10-week text service that distributes timely and relevant self-care and stress-management support via text messaging. The goal is to offer support in a quick, easy way to parents of children with special needs. The texts are available in English AND Spanish.

To get started and receive free self-care text messages, fill out this online signup form: <https://platform.trumpia.com/onlineSignup/ddpctext/text4caregivers>

Questions? Contact Parent to Parent's Project Director, Valerie Colavecchio, 631-434-6196.

Parent to Parent of NYS desea hacerles saber de su nuevo programa, **Text4Caregivers**, un servicio de mensajería gratuito que se le enviara a su teléfono celular frecuentemente, con mensajes de como tener cuidado de su persona y como manejar el estres.

Le invitamos a ser parte de este nuevo programa. Por favor registre online en el siguiente link:

<https://platform.trumpia.com/onlineSignup/ddpctext/spanish>

Preguntas? Comuníquese con su Coordinadora de Familias Hispánicas, Angela Picardo, 646-766-3462.